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AUTHOR Heald, Jane D.
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ABSTRACT

This document was originally prepared for participants at a "Helping Families of the Aging" workshop which was held prior to the Professional Symposium of the National Association of Social Workers in November of 1985. This revised and expanded edition contains annotated lists of advice books, personal accounts, group manuals, and periodicals about caregiving. References are annotated under the headings of: (1) Advice for Caregivers: How-To-Do-It Books; (2) Shared Personal Experiences; (3) Periodicals; (4) Local Handbooks--Examples of What Can Be Done; (5) Suggestions for Elders; (6) Manuals, Curricula, and Hints for Group Leaders; (7) Audiovisuals; (8) Information about Private Geriatric Care Management; and (9) Catalogs. Approximately 65 entries are included. (NB)

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FAMILIES and AGING

RESOURCES FOR INDIVIDUALS AND GROUPS

Annotated list of Advice Books, Personal Accounts, Group Manuals, Periodicals about Caregiving, and Miscellaneous Goodies. Originally prepared for participants in the workshop, "Helping Families of the Aging," which we presented at the Hyatt Regency/Chicago preceding the Professional Symposium of the National Association of Social Workers, November 5, 1985. Revised and expanded, January, 1986.

Jane D. Heald

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ADVICE FOR CAREGIVERS: HOW-TO-DO-IT BOOKS

Caresharing: How to Relate to the Frail Elderly. Edited by V. Katherine Gray, Ph.D. 1984. 108 pages. $12.00. Ebenezer Center for Aging, 2722 Park Avenue, South, Minneapolis, MN 55407

Concise, complete information about caring for both oneself and one's aging relative. Extremely practical, though not all families will be able to carry out all suggestions. Insists tasks can and should be shared by many people, including the aging person. See review in Change No. 7.

Caring for Aging Parents. By Harold A. Rashkis, M.D., Ph.D. 1981. 184 pages. $10.95. George F. Stickley Company, 210 W. Washington Square, Philadelphia, PA 19106.

Author is a Psychiatrist. He says, "The secret is to be in touch with your own feelings."

Caring Relationships: Guide for Families of Nursing Home Residents. By Hope Cassidy and Linda Flaherty. 1982. 24 pages. $1.95 plus $.50 postage. Augsburg Publishing House, 426 South 5th Street, Box 1209, Minneapolis, MN 55440

Written for those who have just made a nursing home placement. Topics include: Adjusting to a New Life-Style, Coping with Misdirected Anger, and Supporting the Withdrawn. Families are still very important parts of the care team!

Don't Give Up on an Aging Parent. By Lawrence Galton. 1975. 246 pages. $6.95. Crown Publishers, Inc., 419 Park Avenue South, New York, NY 10016.

Still the best explanation we've seen of depression in the elderly. Gives examples of misdiagnosis of various treatable conditions. Read this before talking to your parent's doctor. Unfortunately, book is out of print; try the library.

For the Caregivers: Caring For Patients with Brain Loss. By Harriet E. Blodgett, Evelyn Deno, and Virginia Hathaway. 1985. 23 pages. Single copies free, small charge for bulk orders. Communications Department, Metropolitan Council, 300 Metro Square Building, 7th and Robert Streets, St. Paul, MN 55101. Phone (612) 291-6464.

For any family member dealing with progressive loss of brain function. Interpretation of behavior changes, practical suggestions. "What on earth do you do with someone who won't agree with any suggestion you make?" How to talk to the patient; many useful examples.

A Guide to Caring for & Coping with Aging Parents. By John Gillies. 1981. 144 pages. $5.95. Thomas Nelson Publishers, P.O. Box 141000, Nashville, TN 37214

Practical tips from a man who helped care for his mother and his wife's father for more than five years. How to take a wheelchair through a revolving door (don't). Satisfactions, problems and bookkeeping involved in hiring home health care. Includes a very savvy chapter on nursing homes; they are necessary; they can be monitored.

The Help, Hope and Cope Book for People with Aging Parents. By Patricia H. Rushford. 1985. 192 pages. $9.95. Fleming H. Revell Company, Old Tappan, NJ 07675.

Many conversational anecdotes. Examples of conflicting emotions. Much practical and useful information. Written from a Christian viewpoint. Bias in favor of giving care in one's home. Good emphasis on written planning.

The Home Health Care Solution: A Complete Consumer Guide. By Janet Zhun Nassif. 1985. 433 pages, with index. $9.95. Harper & Row, 10 East 53rd Street, New York, NY 10022.

A goldmine of detailed information on assessment, insurance, tax deductions, choosing a home care agency or medical equipment dealer, emergency response systems, specialized rehabilitation services, hospice services and more. 92 pages just on building consumer savvy: what to look for, what to avoid.

How to Tape Instant Oral Biographies; Simple step-by-step directions show you how to tape record, videotape, film your loved ones' life stories. By William Zimmerman. 1981. 101 pages. $4.95. Guarionex Press, Ltd., 201 West 77th Street, New York, NY 10024.

Useable suggestions that will enhance relationships between generations. Taping can be done by school-age grandchildren.

Living in a Nursing Home, a Complete Guide for residents, their families and friends. By Sarah Greene Burger, R.N. and Martha D'Erasmo, R.N. 1976. 178 pages. $8.95. The Continuum Books, distributed by Scribner Book Co. 201 Willowbrook Blvd., Wayne, NJ 07470.

Practical information from two nurses. Wonderful, understanding chapter on Nursing Home Personnel and How to Get Along with Them.

The Not So Golden Years. By Marilyn Fanning. 1984. 152 pages, paperback. $4.95. Victor Books, P.O. Box 1825, Wheaton, IL 60189.

A completely realistic description of the author's eight difficult caregiving years, the sometimes unreasonable demands of old people, and the need for families to set limits. In this explicitly Christian book, the author shares what "Honor your father and your mother" means to her in an era of medical technology and increased lifespan. This book will be very helpful to Christians struggling conscientiously to do what is right and still claim balance in their lives. The Leader's Guide, $3.95, outlines scripture passages and includes transparency masters for 13 class sessions.

Nursing Home Placement, a guidebook for families. By Marty Richards, M.S.W., Nancy Hooyman, Ph.D., et al. 1984. 110 pages. Developed by the Pacific Northwest Long-Term Care Center in collaboration with the Health Sciences Center for Educational Resources, University of Washington.

Especially practical advice on how to survive Admission Day and the period after admission when everybody is adjusting. Suggestions for enjoyable visiting.

Our Aging Parents: A Practical Guide to Eldercare. Edited by Colette Browne and Roberta Omzuka-Anderson. 1985. 278 pages. $12.95. University of Hawaii Press, 2840 Kolowalu Street, Honolulu, Hawaii 96822.
Clear, brief discussions of depression, dementia, arthritis, stroke, incontinence, diabetes, cancer, and Parkinson's Disease.

Starting a Self-Help Group for Caregivers of the Elderly.
See review under Manuals. For caregivers, about group leadership and the rewards of helping others while helping ourselves.

Supportive Living Arrangements for Older Citizens: A Guide. By Anneta S. Kraus, R.N. 1984. 45 pages. $3.50 plus $.75 postage. Geriatric Planning Services, 36 East Baltimore Pike, Media, PA 19063.
Slim, but jam-packed with common sense and information about many kinds of alternative living arrangements. Suggests ways for all family members to cooperate. Legal, financial, and insurance considerations.

Taking Care: Supporting Older People and Their Families. By Nancy R. Hooyman and Wendy Lustbader. 1985. 322 pages. $25.00 plus $1.00 postage & handling. Macmillan Publishing Co., Front and Brown Streets, Riverside, NJ 08075.
Includes a medical bill accounting system, a task delegation sheet for family meetings, a phone recording sheet for locating community resources, and a cost comparison of long-term alternatives. Discusses "taboo" topics such as older persons' racist attitudes, those who say they want to die, and the special needs of homosexual caregivers.

The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life. By Nancy L. Mace and Peter V. Rabins, M.D. 1981. 253 pages. $8.45. Order from Alzheimers Disease and Related Disorders Association National Headquarters, 360 N. Michigan Avenue, Suite 601, Chicago, IL 60601 or your local chapter of ADRDA.
Still the "Bible" for families coping with dementia. Tells <u>how</u> to simplify routines and deal with catastrophic reactions. Stresses patient is not annoying you on purpose!

Visits to Remember, a Handbook for Visitors of Nursing Home Residents. By Barbara W. Davis, Ph.D., Adult Development and Aging Specialist. 14 pages. $.70. Publications Clerk, 437 Agricultural Administration Building, University Park, PA 16802. Make checks payable to The Pennsylvania State University.
Offers communication tips and suggested topics for conversation. Ways to stimulate the five senses. Relationships with staff. Advocacy for the resident.

What Do I Do? How to Care for, Comfort, and Commune With Your Nursing Home Elder. (Revised and Illustrated Edition). By Katherine Karr. 1985. 130 pages. $14.95. The Haworth Press, Inc., 28 East 22 Street, New York, NY 10010.
Written to encourage and guide family members and friends of institutionalized populations. Physical, Emotional, Mental, and Spiritual Care. Each section is illustrated with beautifully sensitive photographs and includes detailed checkpoints with practical suggestions. This is the book I want my children to read.

When Love Gets Tough: The Nursing Home Decision. By Doug Manning. Revised edition, 1983. 91 pages. paperback, $4.50, postpaid. (Discounts for multiple copies). In-Sight Books, Inc., P.O. Box 2058, Hereford, TX 79045.

"I dream of great loads of guilt being laid aside...of residents beginning to understand their own feelings and the feelings of others...of families and nursing homes becoming care teams." The most complete description we have ever seen of the adjustment process new residents go through, how families can respond, and helpful ways of thinking about the associated guilt.

When Love Gets Tough is also available on video-tape and as a slide/sound production, which cost $95.00 each. We have not yet seen either.

When Your Parents Grow Old: Information and resources to help the adult son or daughter cope with the problmes of aging parents. By Jane Otten and Florence D. Shelley. 1976. 298 pages. $9.95. Funk & Wagnalls, 666 Fifth Avenue, New York, NY 10019.

"It's your problem, but you didn't cause it." Comprehensive, straightforward approaches to everything from financial resources to a parent's remarriage. Point of view tends to lift burden of guilt.

You & Your Aging Parent: a Guide to Understanding Emotional, Physical, and Financial Needs. By Barbara Silverstone & Helen Kandel Hyman. Revised and updated 1982. 361 pages. $8.50 Consumers Union edition. Consumer Reports Books, Box C-719, Brooklyn, NY 11205. Also available from Pantheon for $8.95.

A standard since 1976. Part I. Taking Stock. Part II. Taking Action. This books calls a spade a spade. Still one of the most helpful books to put into the hands of desperate caregivers.

You, Your Parent, and the Nursing Home. By Nancy Fox. 1984. 175 pages. Hardback, $13.95. Paperback, $8.95. Geriatric Press, Box 7291, Bend, OR 97708.

This is the "backstairs" book that tells it like it is at some nursing homes--that they are organized for the convenience of the staff, not the benefit of the patients. It includes a detailed, 12-page checklist for use when sizing up a particular nursing home and lists 25 topics that should be included in the training of every nursing assistant. The author has a constructive, activist point of view and cites chapter and verse of the laws that mandate quality care. Critical revelations in this book could make it harder for a family to make a necessary decision.

SHARED PERSONAL EXPERIENCES

Also My Journey: a Personal Story of Alzheimer's. By Marguerite Henry Atkins. 1985. 160 pages. $12.95. Morehouse Barlow Co., Inc., 78 Danbury Road, Wilton, CT 06897. ISBN 0-8192-1362-4.

A wife's testimony of Christian faith and continuing love. No matter how incapacitated Dick became, his gentle spirit remained living and well. See review in Change No. 8, Autumn, 1985.

Caring, a Daughter's Story. By Diane Rubin. 1982. 203 pages. $13.50. Holt, Rinehart and Winston, 383 Madison Avenue, New York, NY 10017.

Heartbreaking description of the author's 27-month struggle to care for her parents. Jewish readers, especially, will appreciate the mixture of love, pain, frustration, and courage experienced by this family.

Don't Go Dancing Mother. By Rose Safran. 1979. 75 pages. Pen and ink sketches. $5.95 Tide Book Publishing Company, Box 268, Manchester, MA 01944. 2nd, enl. ed. is $6.95.

Releases a lot of anger at The System, the paperwork, & the inefficiency.

Mother's Song: A family learns the promise of "a time to die." By John Sherrill. 1982. 134 pages. $7.95. Chosen Books, Lincoln, VA 22078.

A Christian family makes the decision to implement a Living Will.

The Summer of the Great-grandmother. By Madeleine L'Engle. 1974. 245 pages. $10.95. Farrar, Straus and Giroux.

Classic account of the practical and philosophical questions raised by caring for a very old, very debilitated parent. No easy answer is offered...yet the caregiver has faith that "everything is really, really all right."

PERIODICALS

Advice for Adults with Aging Parents or a dependent spouse. Bimonthly. 8 pages. Helpful Publications, Inc., 310 W. Durham Street, Philadelphia, PA 19119-2901. Publisher sells in bulk only. For an individual subscription, send $15.00 to become a member of Children of Aging Parents, 2761 Trenton Road, Levittown, PA 19056. You will receive the CAPS newsletter, The CAPSule, as well. Two for the price of one!

This is a brand-new newsletter. Articles are by governmental, agency and academic authorities. Background reading for support group leaders. Advice to family caregivers.

Change: Bulletin of the National Support Center for Families of the Aging. Quarterly. 8 pages. Photographs and sketches. Subscriptions are $10/yr. for individuals, $15/yr. for libraries and other institutions. Published by the National Support Center for Families of the Aging, P.O. Box 245, Swarthmore, PA 19081.

Emphasis is on encouraging caregivers to take care of themselves as well as of the elderly. Health Hints. Financial planning. Sharing of experiences. Search for meaning. "Leaders' X-Change" reviews resources and caregiver support programs.

Generations: In-Depth Views of Issues in Aging. Fall, 1985 issue on "Caregivers". 72 pages. $7.00 for this issue. Order from Generations, 833 Market Street, Room 516, San Francisco, CA 94103.

This is the respected journal of the American Society on Aging (formerly the Western Gerontological Society). Pertinent articles. Academic tone.

Parent Care. Bimonthly, beginning Nov. 1, 1985. Edited by Lynn Osterkamp and Donna Schafer, Gerontology Center, The University of Kansas, 316 Strong Hall, Lawrence, KS 66045. First issue complimentary, subsequently $20 for six issues.

This is another brand-new newsletter "to disseminate information and research which could assist family caregivers of the elderly. It will be distributed both to professionals who assist family caregivers and to caregivers themselves. An important feature will be reviews." Initial issue funded by a grant from the Administration on Aging. Short articles are often based on research, followed by a complete citation. Reviewers point out the implications of findings, raise questions, and invite comments.

OCAL HANDBOOKS – EXAMPLES OF WHAT CAN BE DONE

A Handbook for Caregivers of the Elderly in Howard County. By Diane Perry. 44 pages. Howard County Office on Aging, John Carroll Building, 3450 Court House Drive, Ellicott City, MD 21043.

Pages 12-13 and 32-35 are especially effective in encouraging caregivers to take care of themselves, too.

Aging, Living & Caring: a Handbook for Elders, Families and Friends. By Jane Corinne. Nov. 1984. 63 pages. $5.00, payable to "TRIMS Volumteers Services Council," Texas Project for Elders, 1300 Moursund Avenue, Houston, TX 77030.

This handbook grew out of the Texas Long-Term Care Channeling Demonstration. The 3d edition gives resource information for Arkansas, Louisiana, New Mexico, Oklahoma and Texas. Pages 37-40 are addressed directly to older persons, with practical suggestions on how they can help meet their own needs for control, love, new experiences, and safety.

Help at a Glance: A Handbook of Caregiver Support Resources. By Lorraine Cretney. 1983. 49 pages. Office on Aging, Bureau of Human Resources, Division of Community Services, Wisconsin Department of Health and Social Services. P.O. Box 7851, Madison, WI 53707.

Describes adult day care, respite care, self-help systems, in-home services, and new services. Gives examples of each and lists further written resources.

UGGESTIONS FOR ELDERS

Memory Retention Course for the Aged. By Florence Garfunkel and Gertrude Landau. 1981. 24 pages. $4.00 plus $1.50 shipping & handling. Published by The National Council on the Aging, 600 Maryland Avenue, S.W., West Wing 100, Washington, DC 20024.

This is a leader's guide for a six-session course. Appendix II suggests helps for remembering in 18 specific situations, such as turning off the stove, keeping appointments and bill-paying.

Older People Have Choices: information for decisions about health, home, and money. By Nancy Manser. 1984. 32 pages. $3.25 plus $.70 postage. Augsburg Publishing House, Box 1209, Minneapolis, MN 55440.

A straightforward invitation to old people to look at their options. May be a bit optimistic: assumes they are flexible and able to carry out suggestions.

ANUALS, CURRICULA, AND HINTS FOR GROUP LEADERS

The Aging Parent: a Guide for Program Planners. By Intergenerational Relations Project Staff. 1980. 48 pages. $1.50. The American Jewish Committee, Institute of Human Relations, 165 East 56 Street, New York, NY 10022.
Detailed, tested organizing techniques for conferences, programs, and workshops. Working with a coalition of sponsors.

Aging Parents: Whose Responsibility? By Jane Goz Goodman. 1980. 150 pages. $12.95. Family Service Association of America, 44 East 23rd Street, New York, NY 10010.
One of a series of "Workshop Models for Family Life Education." Detailed plans for six 1-1/2 hour sessions. Unusually complete suggestions for publicity (pages 6-7). Good role plays. Emphasizes developing reasonable expectations of self and of parents. Gives the "danger signs" that call for a change in living arrangements. Concern is with the quality of relationships.

Alzheimer's Family Support Groups: A Manual for Group Facilitators. By Lillian Middleton, M.S.W. 1984. 172 pages. $10.00. Suncoast Gerontology Center, Box 50, U.S.F. Medical Center, 12901 N. 30th Street, Tampa, FL 33612.
Basic information about dementias for professional, paraprofessional, and lay facilitators. Good section on how to establish and publicize an Alzheimer's family support group. Not concerned with group dynamics. The Suncoast Gerontology Center at the University of South Florida receives funding from the Administration on Aging. The book's bias is for in-home care, that is, helping family members carry the burden longer and thus maximizing resources. Includes a copy of the Pfeiffer Short Portable Mental Status Questionnaire and brief instructions for interpreting results.

As Parents Grow Older: A Manual for Program Replication. By Alida G. Silverman, M.S.W., Carl I. Brahce, Ph.D., and Carol Zielinski, M.A. 1981. 278 pages. $18.00 postpaid. Child & Family Services of Michigan, Inc., 9880 E. Grand River, P.O. Box 548, Brighton, MI 48116, Attn: Hazel Fitzpatrick.
A six-session program for caregivers, aimed at providing knowledge about the aging process in a supportive environment. Leadership skills. Planning a community approach. Decision-making.

See also Aging Parents & Dilemmas of Their Children. By Bert Kruger Smith, Jacqueline Lelong, and Bettina Adelberg. 1981. 26 pages. $.40. Published by the Hogg Foundation for Mental Health, The University of Texas, Austin, TX 78712. Relates Texas experience adapting above resource to two kinds of support groups: one for families trying to keep their elders functioning in the community, the other for those for whom nursing home placement was a reality. Interestingly, they used co-facilitators. Sum up results of their 6-week programs.

Caresharing: How to Relate to the Frail Elderly. Edited by V. Katherine Gray, Ph.D. 1984. 108 pages. $12.00. Ebenezer Center for Aging, 2722 Park Avenue, South, Minneapolis, MN 55407

This is a gold mine for support group leaders. "Hands-On" Information is outstanding. Includes permission to photocopy many valuable charts and checklists. See review in **Change** No. 7.

Family Caregivers and Dependent Elderly: Minimizing Stress and Maximizing Independence. By Dianne Springer and Timothy H. Brubaker. 1984. 158 pages. $9.95. Sage Human Services Guides, P.O. Box 5024, Beverly Hills, CA 90210.

Published in cooperation with the University of Michigan School of Social Work. Written for three audiences: caregivers, practitioners, & support groups. A valuable resource for group leaders, as it summarizes and organizes information and possible responses to problems. Includes several helpful discussion guides & written exercises. Unfortunately, the type is somewhat small, the binding tight and the tone a bit academic. Will be most useful to family caregivers when content is mediated to them by a leader.

Family Transition Manual. By Ellen S. Yarborough, Ph.D. 1983. 36 pages. $6.00 postpaid. Blumenthal Jewish Home, Clemmons, NC 27012-0038, Attn: Ellen White.

This is "A Correspondence Program with which Long-Term Care Staff Members Can Help Family Members Adjust to a Relative's Admission into a Residential Facility." Offers an opportunity, through receiving and responding to letters, to restructure one's way of looking at experience. An innovative, self-paced way of offering private encouragement to family members. Impressive. Not all support has to be given in "groups."

Help for Families of the Aging: A Small-Group Seminar. By Carol Spargo Pierskalla, Ph.D. & Jane Dewey Heald, M.S. 1982. 140-page workbook and set of three cassette tapes, $17.95. Leaders' Manual. 1983. 71 pages. $14.95. Special offer, both for $31.50. All prices postpaid. National Support Center for Families of the Aging, P.O. Box 245, Swarthmore, PA 19081.

Eleven closely-structured sessions that teach non-judgmental Active Listening, how to identify solveable problems, what keeps people "stuck", how to generate alternatives, and how to make appropriate decisions. Leaders' Manual gives steps for initation of a seminar and hints, chapter by chapter. Useful sentences for leaders. Pitfalls to avoid.

Ideabook on Caregiver Support Groups. By Lorraine Lidoff. 1985. 60 pages (27 pages of text, 20-page directory.) $5.00 (plus $1.50 postage and handling per order). National Council on the Aging, 600 Maryland Ave., SW, West Wing 100, Publications Dept., Washington, DC 20024.

Brief summary of NCOA's national survey of support groups: objectives, participants, sponsors, leadership training, programs. Lists 18 leadership guides and manuals and contains a directory of the nearly 300 groups in 38 states that responded to the survey.

Instructional Manual for Parent Caring Program, Volume I: The Family Series. By Chandra M.N. Mehrotra, Ph.D., Sharon M. Randolph, M.S.W., and Darryl M. Dietrich, Ph.D. 1984. 216 pages. $13.00. Graduate Studies Office, College of St. Scholastica, 1200 Kenwood Avenue, Duluth, MN 55811.

Excellent description of how to initiate a family support program, especially in a small rural community. How to set up an Advisory Council. How to select, prepare, and evaluate speakers...recruit caregivers...coordinate the eight sessions. Attempts to acknowledge the feelings of care receivers and care givers. Somewhat limited because stated goal is to "improve the quality of life of older persons who are (or could be) living at home." To improve the ability of family caregivers to give more care, longer.

Volume II will provide materials for training Service Providers (Introductory Level and Advanced). Supported, in part, by grant from the Administration on Aging.

Leading Self-Help Groups: a Guide for Training Facilitators. By Lucretia Mallory. 1984. 72 pages. $6.95. Family Service of America, 44 East 23rd Street, New York, NY 10010.

Twenty-two characteristics of effective self-help groups. Behaviors and skills that help create a group atmosphere of trust and acceptance.

Mobilizing Networks of Mutual Support: How to Develop Alzheimer Caregivers' Support Groups. By Lisa Gwyther, A.C.S.W., Program Director and Beverly Brooks, Field Coordinator, Duke Family Support Program. 1983. 50 pages plus 11 Appendices. $10.00 (includes postage & handling) Duke Center for Aging, Box 2914 Duke Medical Center, Durham, NC 27710, Attn: Roger V. Atkins.

This manual gives the "nitty gritty" on beginning a support group, enlisting leadership and community support, scheduling, etc. Pages 37-39 describe group process during a meeting, how to meet newcomers' needs, or how to interpret a dropoff in attendance. "Letter to Toni" in Appendix J gives encouraging words about What Constitutes Success for a Support Group.

Mutual Help Groups: Organization and Development. By Phyllis R. Silverman. 1980. 143 pages. $9.95. SAGE Publications, Inc., 275 South Beverly Drive, Beverly Hills, CA 90212.

Written for human service professionals. Provides guidelines for organizing and managing mutual help groups. How to identify possible participants, organize a group, and maintain a group over time. Problems groups can develop.

Practical Help for those Caring for an Elderly Person in the Community. Prepared by the New York State Office for the Aging, Eugene S. Callender, Director, developed by Arleen McCormack, M.S.W. 1982. 111 pages. New York State Office for the Aging Public Information Office, Empire State Plaza, Building #2, Albany, NY 12223.

Pages 19-20 have useful suggestions on confronting the bureaucracy. Chart for assessing activities of daily living on pages 68-70. Emphasis is on instructing family members on giving hands-on care.

Practical Help Instruction Guide for Course Leader. 29 pages. Leaders' manual for above curriculum.

Intended for six two-hour sessions with those currently involved in caregiving, potential caregivers, and the elderly themselves. Appendix E suggests ambitious promotional guidelines.

Starting a Self-Help Group for Caregivers of the Elderly. By Louise Fradkin, Mirca Liberti, & Jacob Stone, A.C.S.W., with Jared Hermalin, Ph.D., Director, Philadelphia Self-Help Clearinghouse. 1984. 20 pages. $12.00. Children of Aging Parents, (CAPS), 2761 Trenton Road, Levittown, PA 19056.

Wisdom from the leaders of one of the longest-running and most successful support groups we know. Aimed directly at caregivers who are determined to help themselves and others. How do you initiate and maintain the group? What happens at meetings? How do you tactfully keep things on course? Challenges and rewards, honestly shared by some who have been there...and are still going strong.

Support Group for Caregivers Workbook, Aid to Caregivers of the Mentally Impaired Aged Project. 1983. 85 pages. $15.00. Philadelphia Geriatric Center, 5301 Old York Road, Philadelphia, PA 19141, Attn: Ms. Florence Rosen.

Photocopies of materials gathered from various sources for ten-session classes. Particularly strong on stress management and relaxation techniques, one of which is included in each session. Good listing of the many elements of a complete diagnostic procedure. Practical management techniques. Usefully organized material, especially about coping with Alzheimers Disease.

Supports for Family Caregivers of the Elderly: Highlights of a National Symposium. Compiled by Lorraine Lidoff, Director, Family Caregivers Program. 1985. 60 pages. $9.00 plus $1.50 shipping and handling. The National Council on the Aging, 600 Maryland Ave., SW, West Wing 100, Washington, DC 20021.

Presentations from the September, 1984 symposium. Especially good information on legal and financial planning.

UDIO-VISUALS

Best Wishes, Edith and Henry! 80 color slides, 18-minute audio-cassette, guide for a 1-1/2 hour workshop (including transparency masters). Written and produced by Dr. Vicki Schmall and Dr. Ruth Stiehl. May be borrowed through your state home economics cooperative extension service or purchased at cost ($40.00) by sending a check, c/o Leanna, to Extension Service, Home Economics, Oregon State University, Milam 161, Corvallis, OR 97331-5106.

Excellent introductory program for general audiences. Stresses the value of honest family communication and advance planning. Detailed suggestions for workshop leaders. See review in **Change** No. 8.

Families and Aging: Dilemmas and Decisions. Board game for 4-6 players. Seven sets of 25 cards: health, money, relationships, living arrangements, parent-child relations, death, and role plays. Created by Vicki Schmall, Ph.D., Maryanne Staton, M.S., and Doris Weaver, Ed. M. $20 plus $2 postage and handling. Order from Oregon State University Extension Service, agricultural Fiscal and Personnel Office, 136 Agriculture Hall, Oregon State University, Corvallis, OR 97331.

Includes excellent suggestions for post-game discussion. One of the most innovative approaches we've seen to encouraging family discussion and planning. See review in **Leaders' X-Change** No.2.

My Mother Hates the Nursing Home. 60-minute audio Sharing Cassette. $4.95. National Support Center for Families of the Aging, P.O. Box 245, Swarthmore, PA 19081.

A support group meeting taped in response to a letter from a woman in Wyoming and reproduced with her permission. "How can we keep taking it when old people are complaining and disagreeable? Are there any ways to make a nursing home visit more pleasant for ourselves? How can we ensure that we won't become ogres when we sit in a wheelchair?"

My Mother, My Father--feelings on caring for a frail parent. 33 minutes. 16 mm color documentary film. Produced and directed by James Vanden Bosch. 1985. Purchase $495. Rent (two days) $50.00 plus $7.00 shipping and handling. Also available for purchase in video cassette, all formats, for $395.00. Terra Nova Films, 9848 S. Winchester Avenue, Chicago, IL 60643.

Vivid and realistic. Shows responses of four very different families to the needs of their dependent parents. Discussion guide. Has won several awards. See review in **Leaders X-Change** No. 4.

NFORMATION ABOUT PRIVATE GERIATRIC CARE MANAGEMENT

On October 5-6, 1985, the Greater New York Network for Aging sponsored the First National Conference of Private Practice Geriatric Care Managers. It was attended by one hundred professionals from 18 states.

Copies of the five papers presented at the conference. $8.50

Subscriptions to GERi-GAZETTE, newsletter, $26.00 per year. (Subscribers will receive all back and future issues for the year.)
Discussion of clinical and ethical issues. Standards. Guardianship and conservatorship. Business skills. Recommended books, journals, and newsletters.

Directory of Private Consultation Services for Older people and Their Families lists 18 people or agencies that provide case management in the New York Metropolitan area and parts of Florida. $2.00

Order all of the above from:

Adele Elkind, CSW
The Greater New York Network for Aging
111 East 85th, #22A
New York, NY 10028
(212) 876-5113

A committee is planning a second conference, to be held in the Philadelphia area the weekend of October 18, 1986. Chairperson of the planning committee is:

Anneta Kraus, R.N.
Geriatric Planning Services
36 East Baltimore Pike, #213
Media, PA 19063
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Have we missed any resources you think people should know about? Please let us know. Thank you.